



National Children's Activity Week 2019

IN THE SEA ACTIVITIES

CRAWL through the cave!

Pretend the table is an underwater cave and crawl through it like a diver looking for treasure.

Crawling has many benefits to both a child's brain and future motor skills. Crawling through tight spaces helps to increase their spatial awareness.

WEAVE between the seaweed!

Using some soft obstacles at home as seaweed, weave through them, pretending to be a fish dodging danger.

Weaving is a fun activity that develops your child's spatial awareness which helps them negotiate different environments and increases concentration.

JUMP in the water!

Jump off a raised surface (such as a curb) and with parental supervision, land on both feet, pretending the floor is the sea!

Jumping increases your child's muscle strength and fitness, as well as gross motor skills.

